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Amendment to the Specification:

After paragraph 12 and before the Detailed Description header, insert the following:

-- FIG. 6 is a plan view of another embodiment of a hands-free forearm carrier. --

Please replace paragraph 19 with the following new paragraph 19:

Preferably, the strap 28 extends laterally across the center portion 12 (i.e., substantially parallel to the front edge 20). In another embodiment, the strap 28 extends vertically across the center portion 12 (i.e., perpendicular to the front edge 20). Various embodiments of the carrier 2 have straps of different length and in different numbers. For example, in one embodiment, the strap 28 extends across the entire width of the center portion 12 and is attached at the interfaces between the end portions 14, 14' and the center portion 12. In another embodiment, the strap 28 does not fully extend across of the center portion 12; that is, the strap 28 is shorter in length than the width of the center portion 12. In yet another embodiment, shown in FIG. 6, multiple straps (28', 28'') extend laterally across the center portion 12. Such straps can be laterally or vertically aligned with each other on the top side 16 of the center portion 12, laterally or vertically offset from each others (i.e., some nearer or farther from the front or back edges 20, 22 of the center portion 12), or combinations thereof.